


Memorandum



Date: April 19, 2013

To: Honorable Chairwoman Rebeca Sosa
and Members, Board of County Commissioners

From: Honorable Carlos A. Gimenez
Mayor 

Subject: First Annual Spring into Wellness Mega Fair

Please join me for the First Annual Spring into Wellness Mega Fair's ribbon cutting and inauguration ceremony on Friday, April 26, 2013, at 10:30 a.m., at the Stephen P. Clark Center, 111 NW 1st Street, North Lawn, Miami, FL 33128.

Employees and visitors will have an opportunity to participate in fun and engaging wellness activities coordinated by County departments, non-for profit organizations and local vendors, who will share products and educational material to promote healthy lifestyles. During the event, participants will enjoy music, food and a number of interactive activities from the Miami-Dade Public Library System, Zoo Miami, Deering Estate at Cutler, Fruit & Spice Park as well as Parks, Recreations and Open Spaces programs such as Eco-Adventures and Fit 2 Play. The Wellness Fair will also host a local farmers market, two live transmissions from local radio stations, food trucks, free on-site health screenings and more.

If you are attending or need additional information, please contact Dennys Gonzalez, at (305) 375-3910.

c: Honorable Harvey Ruvlin, Clerk of the Courts
Honorable Carlos Lopez-Cantera, Property Appraiser
Robert A. Cuevas, Jr., County Attorney
Office of the Mayor Senior Staff
Charles Anderson, Commission Auditor

SPRING INTO WELLNESS FAIR

PRESENTED BY MAYOR CARLOS A. GIMENEZ

FRIDAY, APRIL 26, 2013

FROM 10 A.M.-3 P.M.

JOIN US FOR THIS FUN AND EXCITING EVENT!

- The newest and latest information on wellness initiatives and trends
- Educational material
- Obstacle courses
- Exercise demonstrations
- Live entertainment
- Food trucks
- Vendor giveaways
- Discounted vendor products
- And much more!

Location:

Stephen P. Clark Government Center
Lobby, Atrium and Courtyard
111 NW 1st Street, Miami

For inquiries email: employeehealthcenter@miamidade.gov



WELLNESSWORKS
FUN & FITNESS



SPRING_{INTO} WELLNESS FAIR

BROUGHT
TO YOU BY
MIAMI-DADE
COUNTY

It's all under one roof: This 3-in-1 mega fair will combine the County's Employee Health Fair, the Employee Discount Fair and the First Spring into Wellness Fair.

Mayor Carlos A. Gimenez will reveal the new outdoor Walking Trail and Fitness Zone at the Downtown Government Center— a sustainable initiative created for the enjoyment of County employees and the community.

EVENT TAKEAWAYS

Recognizing that a healthy workforce yields strong benefits to all, we welcome spring by offering the newest and latest information on Wellness Initiative and trends. Join us and enjoy great food, music and fun activities sponsored by County Departments and private businesses that will be showcasing their products and promotions.

WHO SHOULD ATTEND?

Everyone is welcome!

All Miami-Dade County employees, surrounding businesses, human resources professionals, local school students and educators, and the community at-large are welcome to participate.

ABOUT THE EXHIBITORS

This mega fair will feature health and wellness vendors, representatives from several health care providers such as AvMed, and affiliates of the Department of Health. The Employee Wellness Center will also host a group of local businesses that will showcase several activities. The Miami-Dade Parks, Recreation and Open Spaces Department will hold fun activities and showcase some of their outdoor programs.

This will be a great forum for the audience to enroll in upcoming events, interact with local vendors, learn about their services and to provide them meaningful feedback.

**The event is another initiative by Miami-Dade County
in its effort to promote physical activity, health and wellness.**

